



Northern California Junior Lacrosse Association 2013 Boys High School Rules



All players, coaches and officials must have US Lacrosse membership

The following are Points of Emphasis from the National Federation of State High School Associations (NFHS) Boy's Lacrosse 2013 Rule Book

1. Head coaches must meet with referees during the required pre-game certification to understand how they will call the game and show all NCJLA certified coach's cards for each participating coach. Coaches who do not have a NCJLA certified coach's card shall not stand on the team's side of the field or "coach" from the spectator's side of the field.
2. **Resumption of play during a dead ball:** The team awarded possession must pick up the ball and move to the position of the restart within five seconds of when the officials are ready to restart play, or the ball will be turned over to the opposing team.
3. **Jerseys:** The home team is responsible for contrasting jerseys. Rule conforming pinnies are acceptable.
4. **Equipment:** Lack of mouth guard is an immediate one minute non-releasable penalty. Mouth guards cannot be white or clear. Sports protective cup is required. Lack of protective cup is a 1 minute, non-releasable penalty. Arm pads for goalies are recommended but not required.
5. **Ball:** Ball shall be white and shall include the NFHS logo. Yellow, orange, or lime green are legal, but if white balls are not used, both coaches must agree.
6. **Stick Checking:** Controlled, one-handed checks are allowed.
7. **Cross checking:** use of the part of the handle between the hands is illegal. A cross-check to the head or neck may result in a multiple-minute, non-releasable penalty or ejection.
8. **Take-Out & Neck/Head Checks:** Neck/head checks are illegal and may result in a multiple minute non-releasable penalty or ejection. A **Neck/head check** is any check to an opponent's neck or head with a slash, cross-check, or with any part of his body including any follow through to the neck or head. Also, blocking of an opponent with the head or initiating contact with the head, including by an offensive player in possession of the ball (known as spearing) is illegal.
9. **Use of hands during a face-off:**
 - a. It is illegal for a player to deliberately use his hand or fingers to play the ball. This shall be enforced immediately as an unsportsmanlike conduct penalty.
 - b. It is illegal for a player to grab an opponent's crosse with the open hand or fingers. This shall be enforced immediately as an unsportsmanlike conduct penalty.
10. **Five (5) Yard Rule:** All stick checks, body checks, legal holds, and legal pushes must be on a player in possession of the ball or within 5 yards of a loose ball or ball in flight.
11. **Stick Lengths:** 40" to 42" for offensive players. 52" to 72" for defensive players.
12. **Stick Stringing:** any strings or leathers are limited to a hanging length of 2 inches
13. **Game Time Factors:**
 - a. Pre-game lineups are to be held.
 - b. A game consists of four 12 minute stop time quarters.
 - c. Referees must start and stop games on time. If running behind, the game time factors shall be adjusted **before** the start of the game with agreement of both coaches or before the start of the final period if lost time due to injuries or weather is deemed excessive.
 - d. If a team is late (not dressed, warmed up and ready to play) they forfeit with a score of 1-0. However, they may play a scrimmage during the remaining schedule time. Game rules are in effect for these scrimmages
14. **Table area:** A coach or player may leave the bench and enter the table area only to exchange a crosse with a player on the field in the opposite end from that team's bench during a live ball or dead ball or to seek information from the timer or scorekeeper during a dead ball.
15. **Fouling out:** Any player who accumulates 5 minutes in personal foul penalty time shall be disqualified from the game.
16. **Mercy Rule:** If at any point a team leads by 12 goals in the 2nd half of a stop-time game, the clock will revert to run time for the remainder of the game. Should the score differential be reduced to fewer than 12 goals, then normal play will resume.
17. **Referee No-Shows:** If one official is a no-show, the attending official will assume the duties of the referee and may assign assistants. If no officials show then a member from each team may serve as officials.
18. **The 3-Chair Rule:** If the visiting team wishes to have a representative at the score table then they may do so, thus the need for a third chair. This allows the visiting team to make sure the information is being recorded accurately.
19. An official shall eject from the game any player, substitute, non-playing member of a team, coach, assistant coach or anyone officially connected with a competing team or fan using a racial slur or derogatory term related to race, religion, color, gender, sexual orientation, or ethnicity.